



Lightened Vanilla Bean Ice Cream



Vegetarian



Gluten Free

READY IN



560 min.

SERVINGS



20

CALORIES



35 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup half-and-half
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup granular sweetener for ice cream*
- ☐ 1.5 teaspoons vanilla bean paste

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan

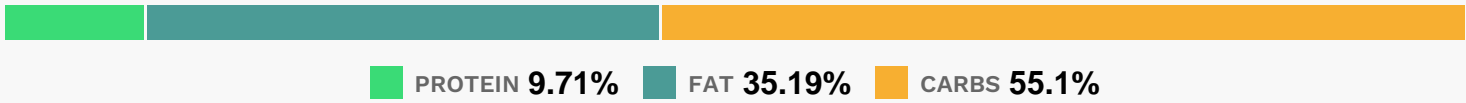
Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and half-and-half. Cook over medium heat, stirring constantly, 8 to 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Whisk in vanilla.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids. Cool 1 hour, stirring occasionally.
- ☐ Place plastic wrap directly on cream mixture; chill 8 to 24 hours.
- ☐ Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions.
- ☐ Let stand at room temperature 5 to 10 minutes before serving.
- ☐ *Granulated sugar may be substituted.
- ☐ TRY THESE TWISTS!
- ☐ Cherry-Bourbon Ice Cream: Stir in 1/2 cup drained and coarsely chopped canned, pitted cherries in heavy syrup and 3 Tbsp. bourbon halfway through freezing. Per 1/2 cup: Calories 110; Fat 5g (sat 3g, mono 2g, poly 0g); Protein 3g; Carb 20g; Fiber 0g; Chol 42mg; Iron 0mg; Sodium 76mg; Calc 108mg
- ☐ Coffee-Chocolate Ice Cream: Substitute 2 Tbsp. instant espresso for 1 1/2 tsp. vanilla bean paste. Stir in 1/4 cup shaved semisweet chocolate baking bar halfway through freezing. Per 1/2

cup: Calories 103; Fat 6g (sat 4g, mono 2g, poly 0g); Protein 4g; Carb 21g; Fiber 0g; Chol 42mg; Iron 0mg; Sodium 76mg; Calc 107mg

- ☐ Key Lime Pie Ice Cream: Omit vanilla bean paste. Stir in 1 tsp. Key lime zest, 1/3 cup Key lime juice, and 1/2 cup coarsely crushed graham crackers halfway through freezing. Per 1/2 cup: Calories 104; Fat 6g (sat 3g, mono 2g, poly 0g); Protein 4g; Carb 21g; Fiber 0g; Chol 42mg; Iron 0mg; Sodium 102mg; Calc 106mg
- ☐ Banana Pudding Ice Cream: Preheat oven to 40
- ☐ Peel 3 medium-size ripe bananas, and cut into 1/2-inch slices.
- ☐ Place in a 2-qt. baking dish, and sprinkle with 2 Tbsp. light brown sugar and 1 Tbsp. butter, cut up.
- ☐ Bake 20 minutes, stirring halfway through.
- ☐ Let cool 30 minutes. Gently mash into chunks. Prepare ice cream as directed, stirring in bananas and 1/2 cup coarsely crushed vanilla wafers halfway through freezing. Per 1/2 cup: Calories 172; Fat 7g (sat 4g, mono 2g, poly 0g); Protein 4g; Carb 36g; Fiber 1g; Chol 47mg; Iron 0mg; Sodium 100mg; Calc 112mg

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2286956626922%

Nutrients (% of daily need)

Calories: 35.1kcal (1.75%), Fat: 2.1g (3.23%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.11g (3.46%), Cholesterol: 15.84mg (5.28%), Sodium: 33.51mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Calcium: 42.45mg (4.25%), Vitamin B2: 0.07mg (4.23%), Phosphorus: 36.82mg (3.68%), Vitamin B12: 0.17µg (2.76%), Selenium: 1.5µg (2.15%), Vitamin A: 79.88IU (1.6%), Vitamin B5: 0.15mg (1.46%), Potassium: 50.02mg (1.43%), Zinc: 0.18mg (1.21%)